

SPRING 2013 SENIOR VALLEY NEWS

ULSTER COUNTY OFFICE FOR THE AGING

1003 DEVELOPMENT COURT, KINGSTON, NEW YORK 12401 (845) 340-3456

FROM THE DIRECTOR'S DESK:

The Office for the Aging has had a busy winter with program and staff changes. We bid farewell to Barbara King Swift, the Office for Aging Registered Dietician, who after being with us for 17 years retired March 14th. We wish her well, and we will soon be welcoming a new Registered Dietician to the Office for Aging staff.

In addition, another change is in case management. Case managers have shifted areas served; therefore you may have a new case manager. Some programs are expanding and others have waiting lists for services. Both the home delivered meals program and the home care programs have waiting lists at this time. The UCOFA will continue to provide our services as best as possible and as quickly as possible.

One of the expanded services is a program identified as the Chronic Disease Self Management Program (CDSMP) offered through the Long Term Program within the OFA (NY Connects). CDSMP is a program that teaches adults with chronic health conditions (i.e. diabetes, arthritis, high blood pressure, etc ...) practical skills on managing chronic health problems. Trained peer leaders teach residents in the community the tools needed to live a healthy and more active life. If you are interested in volunteering or participating in the CDSMP please call Janet Caffo at 340-3259.

I would like to take this opportunity to remind you to please call the Office for Aging at 340-3576 to cancel your home delivered meal if you are not going to be home. Currently, missing a meal costs the Office \$8.65 per meal. This cost can add up quickly when people are not available for meals. Please remember, if you have a medical appointment and will not be home for your meal delivery, you can choose to call our office to let us know your situation and we can send an extra meal the day before your appointment. Also, your voluntary contributions for meals go back into the program and are used to expand the program. We thank you for your donations.

Best wishes for a sunny and healthy Spring.

Anne Cardinale,,RN,,GCNS-BC, Director UC Office for the Aging

**We would like to thank the Health Alliance of the Hudson Valley
for sponsoring this newsletter.**



YOUR PARTNERS IN HEALTH

ULSTER COUNTY CONGREGATE NUTRITION CENTERS

COME, JOIN US FOR LUNCH

All are welcome to join us at one of our conveniently located Dining Centers in Ulster County. Please refer to the list below to find the center nearest you and to place a reservation.

Note new phone numbers.

<u>DINING CENTER:</u>	<u>SITE MANAGER</u>	<u>PHONE</u>
Saugerties: Mon - Fri	Kate Hendrickson	389-3476
Kingston: Mon, Weds, Fri	Donna Briglia	336-7112
Rosendale: Mon - Fri	Vincene Pennacchio	214-3740
Ellenville: Mon - Fri	Carolyn Shorter	647-1605

SATELITE CENTERS:

Reservoir United Methodist Church	Second and Fourth Tuesdays	657-5107
Town of New Paltz Community Ctr.	Every Thursday	255-3631
Town of Ulster Senior Center	First and Third Tuesdays	389-0015

**Meals are prepared by Prestige Services, Inc. and are funded by the Ulster County Office for the Aging. Made possible by Funds provided by USAOA, NYSOFA, UCOFA, & Private Funds.

HELP US HELP YOU!!

It is our pleasure to serve you a Home Delivered Meal or a Congregate Meal. We hope that you enjoy them. Voluntary contributions keep our dining programs available to all Ulster County senior citizens.

The suggested donation for senior meals is \$3.00 per meal or \$15.00 per week. Guests under age 60 will be charged \$8.65. Your contribution is voluntary and confidential and no one will be denied a meal if they cannot contribute.

Please contact the Office for the Aging for further information at: 845-340-3456 or Prestige Services: 336-7112

"If you use natural gas and/or electric and are eligible for NYSERDA's Empower Program, we can help you stretch your dollar. Contact Christine Noble for further information and an application at 845-340-3006."

Just a Friendly Reminder

Please be sure to call the Office for the Aging at 340-3576 to cancel delivery of a meal if you are not going to be home; if the meal cancellation is due to a medical appointment, an extra meal can be provided the day before if requested.

Congregate Center members must also call Prestige Services or your local nutrition center to cancel your meal if you cannot attend the center.

Thank you for your cooperation.

Healthy Ulster Seniors

"Healthy Ulster Seniors" offers health education and screening services to Ulster County seniors 60 years of age and older. This program promotes good health and helps prevent health-related problems through education and early detection. Seniors are updated to the latest recommended guidelines and connects them to available community resources. For more information, call Ulster County Office for the Aging @ 340-3456

ULSTER COUNTY OFFICE FOR AGING
HEALTHY ULSTER SENIOR COMMUNITY OUTREACH
SPRING 2013

DATE	SITE	ADDRESS	CITY	TIME
04/01/13	Birches at Chambers	3000 Maple Lane	Kingston	9:30am-11:30am
04/01/13	Gov. Clinton	1 Albany Ave.	Kingston	1:30pm-3:30pm
04/04/13	Birches at Esopus	35 Dick Williams Dr.	Esopus	9:30am-11:30am
04/10/13	Aloha Acres	Community Room	New Paltz	10:00am-12:00pm
04/17/13	Birches at Saugerties	700 Rt. 9W	Saugerties	10:00am-12:00pm
04/24/13	Family of Ellenville	221 Canal St.	Ellenville	12:00pm-3:00pm
05/07/13	The Mill	87 E. Bridge St.	Saugerties	10:00am-2:00pm
05/08/13	Rosendale Rec. Center	1055 Rt. 32	Rosendale	11:00am-2:30pm
05/14/13	Ashokan Reservoir U.M. Church	3056 Rt. 28	Shokan	11:00am-2:00pm
05/15/13	Walker Valley Seniors	Rt. 52 (Schoolhouse)	Walker Valley	12:00pm-3:00pm
06/03/13	St. Charles Church	2212 Rt. 44/55	Gardiner	11:30am-3:00pm
06/06/13	Accord Fire Co.	Main St.	Accord	12:30pm-3:30pm
06/11/13	Elsie's Meadow	189 Third Street	Wallkill	2:00pm-4:00pm
06/13/13	Trudy Farber Bldg.(Nutrition Site)	40 Center St.	Ellenville	10:00am-2:00pm
06/20/13	New Paltz Senior Center	Rt. 32	New Paltz	11:00am-2:00pm

Celebrate Health in April with National Soyfoods Month

Soy foods are bursting with essential nutrients. Try these easy and delicious ways to incorporate soyfoods into your diet.

Celebrate health for all with soyfoods during April – National Soyfoods Month. Individuals with special dietary needs, such as lactose intolerance, or others just wanting to provide a healthy meal for their family will find soyfoods a good match for their diet.

Soyfoods deliver health benefits regardless of age or gender. The essential nutrients in soyfoods boost growth and development, and whether you are interested in being more heart healthy, wanting to lose weight or seeking healthful snacks, soyfoods can fit into every lifestyle.

Soyfoods contain no cholesterol, little or no saturated fat, high quality protein and dietary fiber. Many also provide B vitamins, vitamins A and D, calcium, iron and potassium.

Research has demonstrated many potential health benefits are associated with the consumption of soyfoods. For example, soy protein may help to reduce the risk of heart disease, while soyfoods also show promise for relieving menopausal symptoms, maintaining healthy bones and preventing some cancers.

With the wide range of soyfood products available, incorporating more soy into your day becomes easy. Consider trying one new product a week for a month or check out a new recipe.

Week 1: Serve soy burgers, soy hotdogs, or “chicken” style patties for lunch or dinner, or use the burger crumbles as an alternative to ground beef

Week 2: Buy a container of soy milk and use it in a smoothie, or mix it into muffins, pancakes or soup as an alternative to milk

Week 3: Buy a can of soybeans and use them in chili or soup, or try frozen green soybeans, edamame, as a snack

Week 4: Buy a box of tofu and puree it for a dessert, dip or dressing, or cube it and add it to stir-fry

“Purchasing and consuming soyfoods is a great way to support your health.”

ULSTER COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION/DINING PROGRAM
 April 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Baked 4/1 Chicken Parmesan Parslied Boiled Potato Harvard Beets* Garlic Bread Fruit Cocktail	Pineapple 4/2 Juice Swiss and Spinach Quiche Mixed Vegetables Multigrain Roll Rice Pudding*	Grape 4/3 Juice Beef Stew Butternut Squash Biscuit Peach Crisp*	Roast 4/4 Turkey w/ Gravy Sweet Potato Collard Greens Whole Wheat Bread Cran/apple Cup	Chili 4/5 Green Salad Three Bean Salad Cornbread Fresh Fruit
Blended 4/8 Juice Hungarian Goulash Egg Noodles Mixed Vegetables Whole Wheat Bread - Sherbet*	Breaded 4/9 Baked Fish Sweet Potato Broccoli Wheat Bread Oatmeal Raisin Cookies*	Split Pea 4/10 Soup Turkey Pastrami & Cheese Sandwich* Macaroni Salad Dinner Roll Brownie*	Yankee 4/11 Pot Roast w/ Gravy Oven Browned Potato Beets Pumpkin Bread Fresh Fruit	Orange 4/12 Juice Lemon Shoyu Chicken Orzo and Rice California Blend Vegetables Rye Bread Peaches
BBQ Spare 4/15 Ribs Baked Beans Carrots Dinner Roll Tapioca Pudding*	Orange 4/16 Juice Pork Stir Fry Rice Oriental Vegetables Rye Bread Fruited Jello*	Grape 4/17 Juice Paprika Chicken w/ Gravy Creamed Corn Brussel Sprouts Banana Bread Pears	Baked 4/18 Ziti w/Sauce Spinach Tossed Salad Breadsticks Chocolate Chip Cookies*	Meatloaf 4/19 w/ Gravy Mashed Potato Acorn Squash Whole Wheat Bread Fresh fruit
Pineapple 4/22 Juice Italian Baked Chicken Brown/white Rice Ginger Carrots Rye Bread Italian Ice*	Spaghetti 4/23 and Meatballs Green Beans Three Bean Salad Garlic Bread Apple Crisp*	Cranberry 4/24 Juice Turkey Tettrazini Green and Garbanzo Medley Corn Muffin Fresh Fruit	Lemon 4/25 Ginger Pork Chop Mashed Potato Red cabbage Whole Wheat Bread -Chocolate Pudding*	Macaroni 4/26 And Cheese Stewed Tomato Spinach Whole Wheat Bread Lorne Doones
Ham and 4/29 Scalloped Potato Lima Beans Carrots Rye Bread Fruit Cocktail w/ Strawberries	Stuffed 4/30 Shells w/ Sauce Yellow Summer Squash Tossed Salad Italian Roll Tropical Fruit Cup			Menu Subject to Change Milk provided w/ meals *-Menu Substitutions May be Made According to Diet

No Added Salt or No Concentrated Sweet Diets Available For information call 845-340-3456

Meals Prepared By Prestige Services, Inc., and are funded by the Ulster County Office For The Aging.
 Made possible by funds provided by USAOA, NYSOFA, UCOFA, and Private Funds.

MAY IS NATIONAL MEDITERRANEAN DIET MONTH

Steps for Following the Mediterranean Diet

The Mediterranean Diet (or Med Diet) reflects a way of eating that is traditional in the countries that surround the Mediterranean, but you don't need to travel any further than to your local supermarket to discover its delicious flavors and fresh foods. It's easy to bring the remarkable health benefits and affordable Mediterranean style of eating to your kitchen cupboards, your refrigerator, your countertops, your stovetop, your oven, and your table every day. Embracing the Med Diet is all about making some simple but profound changes in the way you eat today, tomorrow, and for the rest of your life.

8 SIMPLE STEPS FOR GOOD HEALTH

- 1. Eat lots of vegetables.** There are so many choices! From a simple plate of sliced fresh tomatoes drizzled with olive oil and topped with crumbled feta cheese to stunning salads, garlicky greens, fragrant soups and stews, healthy pizzas, or oven-roasted medleys, vegetables are vitally important to the fresh tastes and delicious flavors of the Med Diet. Can you fill half your plate with them at lunch and dinner?
- 2. Change the way you think about meat.** If you eat meat, have smaller amounts. For example, add small strips of sirloin to a vegetable sauté, or garnish a dish of pasta with diced prosciutto. As a main course, have smaller portions (3 ounces or less) of chicken or lean meat.
- 3. Always eat breakfast.** Start your day with fiber-rich foods such as fruit and whole grains that can keep you feeling pleasantly full for hours. Layer granola, yogurt, and fruit, or mash half an avocado with a fork and spread it on a slice of whole grain toast.
- 4. Eat seafood twice a week.** Fish such as tuna, herring, salmon, and sardines are rich in heart-healthy omega-3 fatty acids, and shellfish including mussels, oysters, and clams have similar benefits for brain and heart health.
- 5. Cook a vegetarian meal one night a week.** Build these meals around beans, whole grains, and vegetables, and heighten the flavor with fragrant herbs and spices. When one night feels comfortable, try two nights per week.
- 6. Use good fats.** Include sources of healthy fats in daily meals, especially extra-virgin olive oil, nuts, peanuts, sunflower seeds, olives, and avocados.
- 7. Enjoy some dairy products.** Eat Greek or plain yogurt, and try small amounts of a variety of cheeses.
- 8. For dessert, eat fresh fruit.** Choose from a wide range of delicious fresh fruits—from fresh figs and oranges to pomegranates, grapes and apples. Instead of daily ice cream or cookies, save sweets for a special treat or celebration.

ULSTER COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION/DINING PROGRAM
MAY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject to Change Milk provided w/ meals *-Menu Substitutions May be Made According to Diet		Pineapple 5/1 Juice Egg Salad/ Lettuce & Tomato Pickled Beets Chick Pea Salad Multigrain Roll Butterscotch Pudding*	Orange 5/2 Juice Oven breaded Fish Lemon Risotto Green Beans Applesauce Bread Apricots	BBQ 5/3 Chicken Sweet Potato Broccoli Whole Wheat Bread Fresh Fruit
Orange 5/6 Juice Swedish Meatballs/Gravy Egg Noodles Acorn Squash Wheat Roll Ice Cream*	Pot Roast 5/7 w/Gravy Baked Red Bliss Potato Red Cabbage Whole Wheat Roll Pineapple	Stuffed 5/8 Peppers Harvard Beets Biscuit Vanilla Pudding*	Apple 5/9 Juice Chicken Breast/ Orange Sauce Scalloped Potato Glazed Baby Carrots *Dinner Roll Sherbet Cake*	Chef 5/10 Salad Cucumber Salad Crackers Fresh Fruit
Juice 5/13 Cranberry Brunswick Stew Brussel Sprouts Biscuit Pineapple/Mandarin Oranges	Orange 5/14 Juice Chicken/ Supreme Sauce Long Grain and Wild Rice/Peas Whole Wheat Roll Ice Cream*	Sheppard's 5/15 Pie/ gravy Cauliflower Green Beans Wheat Roll Brownie*	Ham 5/16 Steak/Gingered Fruit Sauce Sweet Potato Lima Beans Rye Bread Sliced Peaches	Lemon 5/17 Butter Fish Au gratin Potato Mixed Vegetables Wheat Bread Orange Creamsicle*
Chicken 5/20 Oven Baked Parmesan-Parslied Boiled Potato Harvard Beets* Garlic Bread Fruit Cocktail	Juice 5/21 Pineapple Swiss and Spinach Quiche Mixed Vegetables Multigrain Roll Rice Pudding *	Juice 5/22 Grape Beef Stew Butternut Squash Biscuit Peach Crisp *	Turkey 5/23 Roasted/ Gravy Sweet Potato Collard Greens Whole Wheat Bread Cran/apple Cup	Chili 5/24 Green Salad Three Bean Salad Cornbread Fresh Fruit
CLOSED 5/27 MEMORIAL DAY	Breaded 5/28 Baked Fish Sweet Potato Broccoli Wheat Bread Oatmeal Raisin Cookies*	Split Pea 5/29 Soup Turkey Pastrami & Cheese Sandwich* Macaroni Salad Dinner Roll Brownie*	Yankee 5/30 Pot Roast/Gravy Oven Browned Potato Beets Pumpkin Bread Fresh Fruit	Juice 5/31 Orange Lemon Shoyu Chicken Orzo & Rice California Vegetables Rye Bread Peaches

No Salt & No Concentrated Sweets Diets Available For more information call: 845-340-3456

Meals Prepared By Prestige Services, Inc., and are funded by the Ulster County Office For The Aging. Made possible by

**ULSTER COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION/DINING PROGRAM
June 2013**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Spare 6/3 Ribs Baked Beans Carrots Dinner Roll Tapioca Pudding*	Orange 6/4 Juice Pork Stir Fry Rice Oriental Vegetables Rye Bread Fruited Jello*	Grape Juice 6/5 Paprika Chicken w/Gravy Creamed Corn Brussel Sprouts Banana Bread Pears	Baked Ziti 6/6 w/Sauce Spinach Tossed Salad Breadsticks Chocolate Chip Cookies*	Meatloaf 6/7 w/Gravy Mashed Potato Acorn Squash Whole Wheat Bread Fresh fruit
Pineapple 6/10 Juice Italian Baked Chicken Brown/white Rice Ginger Carrots Rye Bread Italian Ice*	Spaghetti 6/11 and Meatballs Green Beans Three Bean Salad Garlic Bread Apple Crisp*	Blended 6/12 Juice Roast Beef w/ Mushroom Gravy Augratin Potato Peas & Pearl Onions Dinner Roll Boston Crème Pie*	Lemon 6/13 Ginger Pork Chop Mashed Potato Red cabbage Whole Wheat Bread Chocolate Pudding*	Macaroni 6/14 And Cheese Stewed Tomato Spinach Whole Wheat Bread Lorne Doones
Ham and 6/17 Scalloped Potato Lima Beans Carrots Rye Bread Fruit Cocktail w/ Strawberries	Stuffed 6/18 Shells w/ Sauce Yellow Summer Squash Tossed Salad Italian Roll Tropical Fruit Cup	Pineapple 6/19 Juice Egg Salad w/ Lettuce & Tomato Pickled Beets Chick Pea Salad Multigrain Roll Butterscotch Pudding*	Orange 6/20 Juice Oven breaded Fish Lemon Risotto Green Beans Applesauce Bread Apricots	BBQ 6/21 Chicken Sweet Potato Broccoli Whole Wheat Bread Fresh Fruit
Orange 6/24 Juice Swedish Meatballs/Gravy Egg Noodles Acorn Squash Wheat Roll Ice Cream*	Pot Roast 6/25 w/Gravy Baked Red Bliss Potato Red Cabbage Whole Wheat Roll Pineapple	Stuffed 6/26 Peppers Harvard Beets Biscuit Vanilla Pudding*	Apple 6/27 Juice Shake and Bake Chicken Noodles/Gravy Glazed Baby Carrots Corn Bread Peach Cobbler*	Chef 6/28 Salad Cucumber Salad Crackers Fresh Fruit
				Menu Subject to Change Milk provided w/ meals *-Menu Substitutions May be Made According to Diet

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Headache-Busting Foods and Nutrients

Written By Sofia Layarda, MPH, RD on Nov 13, 2012

(HealthCastle.com)Before you reach for that aspirin bottle, take a look at the following nutrients that may help shoo away pesky headaches and what foods have them.

Headache-Busting Nutrients

Magnesium

Magnesium helps nerve cells stay relaxed and also affects several neurotransmitters and receptors involved in migraine attacks. There is some evidence that magnesium level is low among those who suffer from migraine. As a nutrient, it is found in whole grains such as quinoa, leafy dark green vegetables, legumes, and nuts such as almonds.

Vitamin E

Besides its antioxidant properties, Vitamin E also improves circulation and may alleviate headaches. Nuts are a good source of Vitamin E, as are sunflower seeds.

Potassium

Potassium is an electrolyte, and dramatic loss of potassium, such as through vomiting, diarrhea, or intense exercise, can cause headaches. Food sources include: potatoes, white beans, tomato sauce, avocado, and bananas.

Vitamin B2 (Riboflavin)

Riboflavin supplementation seems to help reduce the number of migraine attacks. However, it does not appear to reduce the pain or the duration of an attack. Food sources of riboflavin include milk, eggs, meat, green vegetables, nuts, and whole grains.

Water

It seems so simple, and yet it's true: being dehydrated can give you headaches. If you find it hard to drink large amounts of water at once, keep a reusable water bottle with you all day and take regular sips from it.

Know Your Headache Triggers

While actual causes vary from one person to the next, the following items are considered typical headache triggers:

- lack of sleep or irregular sleep schedule
- skipping meals or irregular mealtime
- dehydration
- excessive stress

In addition, migraine sufferers may want to watch what they eat or drink, as the following items have been shown to trigger migraine:

- artificial sweeteners
- alcohol, especially beer or wine
- caffeine
- MSG or monosodium glutamate
- aged cheeses, such as blue cheese
- smoked or cured meats
- chocolate

The Bottom Line

Headache has many possible causes and triggers, so prevention or treatment differs from one person to the next. Look through the list of nutrients above to see if you may be missing some of the food sources of these nutrients. The good thing is, many of these headache-busting foods also contain other nutrients that will benefit your overall health.